

### Main themes / big ideas in Super Size Me

Personal vs corporate responsibility

Big business having too much of an impact

Obesity increasing

Power of the big guys

Money hungry business men

The ones with the money get what they want

Children being targeted as they are an easy target

### **Quotes**

I consumed over thirty pounds of sugar. That's an average of a pound of sugar a day. But the scary part is: there are people who eat this food regularly

Why not do away with your Super Size options? Who needs 42 ounces of Coke? A half pound of fries?

But if you decide to keep living this way, go ahead. Over time, you may find yourself getting as sick as I did.

If this ever-growing paradigm is going to shift, it's up to you.

I guess the big question is, who do you want to see go first? You? Or them?

You like food! You like food! Kentucky Fried Chicken and a Pizza Hut!

He's the character that made McDonald's, and he does a lot of funny stuff on TV.

I'm feeling a little McCrazy.

You'll not talk to anyone and you'll like it that way.

My body... officially hates me.

I craved this food more and more when I ate it, and got massive headaches when I didn't.